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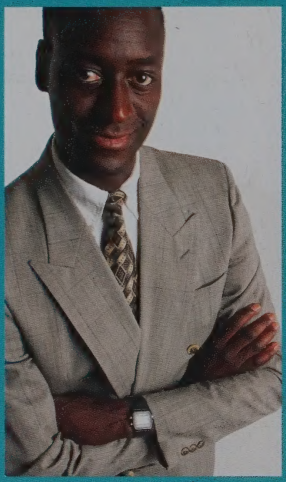
**Robin Alfred Midcalf, Esq.**
***Harrison County's Newly Elected County Court Judge***

**Special Thanksgiving Tribute to Alvina Nichols**

**Juanita Sims Doty Endows Scholarship at Jackson State University**



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MISSISSIPPI Star

VOL. 3 NO. 3 NOVEMBER 1998

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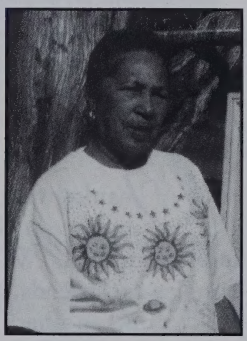

*Alvina Nichols Volunteers*

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# PUBLISHER'S PAGE

*Deborah Jo (second from left) and classmates from left, Goldie Fairconnetue, Grace Barnes, Florence Jordan and me in the background.*

Thanksgiving is a time to reflect on the many blessings in our lives. We get together as families and friends, and we are cordial to one another. I haven't seen anything to confirm this, but I do believe we even tend to smile more, and possibly even laugh more. We enjoy the beginning of the approaching holiday season.

When our families and friends get together, we also reflect on events of the passing year. If there was a baby born, that child surely gets a great deal of attention from everybody. And the parents certainly enjoy sharing the details of the growth experiences of that special child.

We also think about and talk about friends who have departed this life during the year. My classmates and I will certainly be thinking about a special friend we loss this year. Deborah Jo Prescod was indeed a special friend. We didn't see Deborah Jo very often because she lived out of state. But whenever Deborah Jo visited, she made it a point to see us; and it was always good to visit with her.

# *Life's choices are simple when taken one step at a time.*

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*The world is full of changes. Some that make our lives better, some that only tempt us into believing they will. And so, the old adages remain true: Be careful. Tread lightly. Look before you leap. For if history has taught us anything, it's that our time and energy are precious. And change for change's sake is rarely worth the effort.*

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*Mississippi Star is a monthly magazine published by Star Magazine, Inc.*

Deborah Jo had a great sense of humor. She loved to laugh; and she wanted everybody to be happy. Deborah Jo was a good person who always looked for the good in people. It was as though her motto in life was: "People are so good!"

The picture on the previous page was taken with Deborah Jo's camera one Sunday morning back in January of this year after church services. During our conversations that morning, Deborah Jo told us that she wanted our choir "to sing at her funeral."

None of us had an idea that we were going to be losing our friend within a couple of months. When I heard her comment that Sunday morning, I thought that was Deborah Jo's way of complimenting our choir. And I am sure that was Deborah Jo's intention - to look for the good, to say something positive.

Deborah Jo got her wish: the St. Rose de Lima Gospel Choir sang at her funeral. We may have said good bye to Deborah Jo, but we will never forget her.

***She was indeed a special friend. And her family and friends will always be thankful that we were blessed to have had a friend like Deborah Jo.***

# LETTERS

**Dear Maurice,**

Well, it's been almost thirty years since those days of discovering new friends and accepting each other with great love and respect. That period in our history was met by some with great enthusiasm and by others with great distress. Overall, we conquered the negative with the positive. It wasn't easy, but through special people we made it happen.

Those days which were long overdo, finally had their beginnings during our generation. I'm truly proud to have been a significant part of those times of change and a part of a great movement toward equality for all people. It truly makes me proud today to see such good positive people from my generation giving so much of themselves to carry on the great beliefs and legacies of our loving leaders during our growing times of the 1960's and '70's.

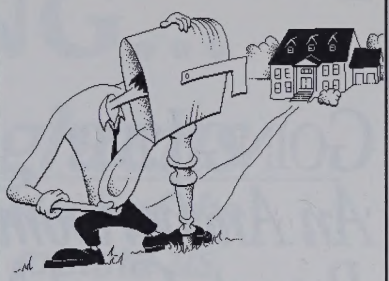
You along with many others are a special blessing and a positive force in our community. I know you along with countless others have inspired us all with your publication - Mississippi Star.

From our children, adults and senior citizens, we truly want to thank you for showing us through your publication and hard work, the wonderful, caring and positive side we as a diversified race possess for each other. We have certainly made tremendous progress and we have beat the odds.

You have definitely shown us through your hard work and love for all just how much you care, respect and love life itself through your great publication - Mississippi Star.

Thanks for giving so much to all of us.

From a high school classmate,
**Gregory P. Morreale**
*Gulfport, MS*



## MOVING? RECENTLY MOVED? ABOUT TO MOVE?

*Please Drop Us A Line With Your New Address So You Can Be Sure To Receive Your Mississippi Star!*

## Letters to the Publisher

should be 100 words or less.

**Star Calendar:** Events of interest to South Mississippians should be submitted on your organization's letterhead, specifying the date, time, place of event and a number of contact. Submissions should be received by the twentieth day of the preceding month.
Be sure to include a daytime telephone number.

Mail submissions to
*Mississippi Star,* P.O. Box 2651,
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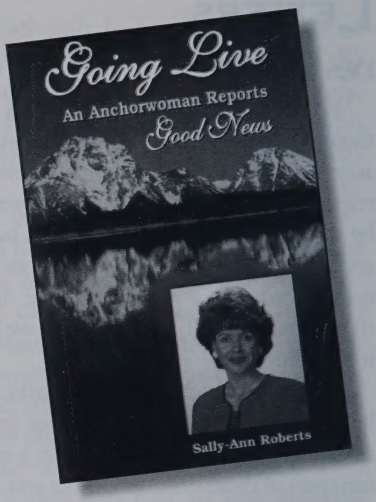


# GOING LIVE: *An Anchorwoman Reports Good News*

Sally Ann Roberts, Author

*Going Live: An Anchorwoman Reports Good News* is a handbook for healthy living. Through the experiences of family members, as well as her own personal experiences, Sally-Ann Roberts demonstrates that miracles do happen. Going Live is a collection of empowering essays that inspire good feelings and thoughts.

Sally-Ann takes her readers on a journey from setback to triumph. She demonstrates the power of the human spirit when empowered and inspired by faith. She shows the reader that peace may be the result of a prayerful journey even though the outcome is not necessarily the option for which we may have prayed.

Sally-Ann teaches us the true worth and value of a mentor. Most of us envision a mentor as an adult who helps guide children. Sally-Ann shows us that this may indeed be the case; however a mentor, may be a developing young person to a dejected adult as was the case with her mother whom she believes inspired her grandfather to overcome his battle with alcoholism. At any rate, positiveness appears to be contagious.

Going Live provides a great deal of insight into the sources of energy that fuel Sally-Ann, her parents Lawrence and Lucimarian Roberts, and her siblings - Lawrence Jr., a stockbroker in Houston, Texas; Dorothy McEwen, a master's-level social worker on the Mississippi Gulf Coast; and Robin, a sportscaster with ESPN and ABC.

Each One Save One is the mentoring program that was cofounded by Sally-Ann and Cathy Harris. This program attempts to provide young people with the ingredient that Sally-Ann believes is critical for young people to overcome poverty and hopelessness.

Going Live is uplifting and inspiring. Sally-Ann tells us how to reach out, teach, and empower ourselves in the process. Going Live is an excellent handbook and resource to read and reread from now throughout 1999, so that we are prepared for the year 2000 and beyond.

# READING...

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*our outlook of the world around us.*

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POEM

# Pray To Him

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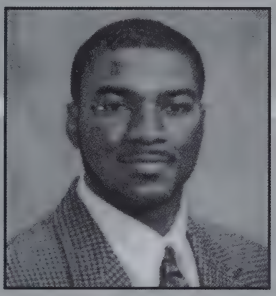
I went to see my doctor,
just the other day.
He took one look at me,
and he began to pray.
I said, doctor—tell me—
what did you see?
He said: "It'll be alright,
God will help me.
You see, you need more rest,
you're all rundown.
So, pray faithfully for God
to turn your life around.
These pills may ease the pain,
for one more day.
But, God can make the pain
go completely away.
You don't need vitamins,
to keep on feeling young.
God's love alone, will keep
you healthy and strong.
I've done what I can do,
I've done my best.
I'm leaving you in God's hands,
He'll do the rest.
Pray to God the Father,
call Him at any hour.
For He alone can heal you,
He has the power."

# We Put People First On And Off The Field

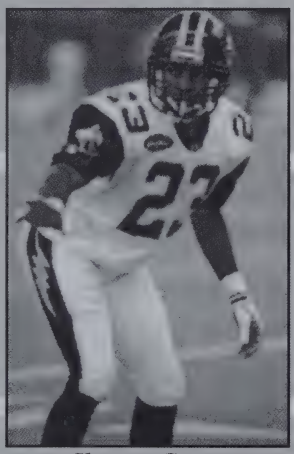


*Shannon Garrett*
*Loan Officer*
*The People's Bank*

Six months out of the year Shannon Garrett is a loan officer at our Gulfport Branch. The other six months he is a defensive back for the Winnipeg Blue Bombers.

At the Peoples Bank, we have been putting people first for 100 years. In Shannon's case that means holding his job for him while he plays football in Canada each year.

The next time you're in our Gulfport Branch, be sure to say hi to Shannon and wish him luck in the upcoming season!



*Shannon Garrett*
*Defensive Back*
*Winnipeg Blue Bombers*

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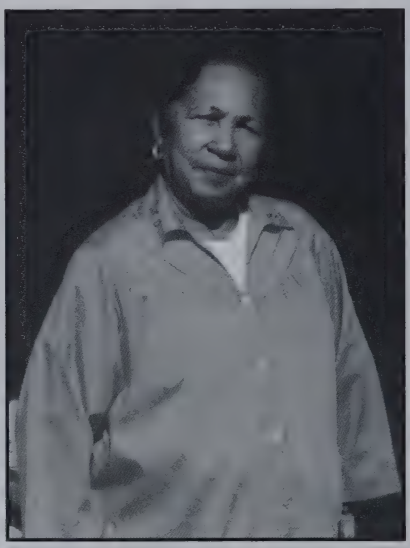
# A Thanksgiving Tribute to a *Special Lady with a Special Calling*

*by Maurice E. Singleton, Jr.*

At seventy-three years of age, Alvina Nichols may be retired, but she is one of the most active people you will ever meet. The grandmother of twelve children and great grandmother of seven children, the offspring of her her five children, Ms. Alvina spends most of her time volunteering in various programs in Bay St. Louis.



*Ms. Alvina on her way to Hancock Medical Center where she volunteers in the food service area.*

Sometimes she volunteers in the kitchen at Hancock Medical Center, helping as a cook and preparing trays for patients. The former cook and manager of several school cafeteria programs says cooking and food service is what she enjoys most.

On Fridays you can find Ms. Alvina at the Hancock County Humane Society Flea Market, sorting donated clothing and other items that are sold to the public to raise money to help offset the costs of spaying and neutering dogs and cats.

On Saturday mornings Ms. Alvina can be found at the Hancock County DAV Flea Market located near the Bay St. Louis Train Depot helping to raise funds for dinners and other programs that benefit disabled veterans.

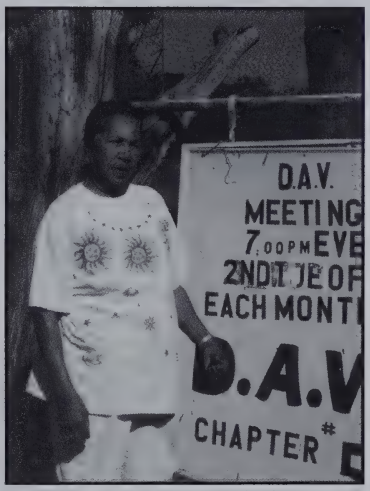
When she's not volunteering at any of the previously mentioned places, she's probably at her church, St. Rose de Lima, tending to her responsibilities as a member of the Altar Society. There, she raises funds to take care of the altar. Or

you may find her in the kitchen preparing refreshments for a parish reception.

**What is it about volunteering that attracts this retired grandmother to serve her community?**

"I just like to help people," explained Ms. Alvina. "That's what I like to do. I enjoy helping people."

There is no doubt about the enjoyment Ms. Alvina finds in helping people. What is truly amazing is her ability to manage so many tasks and commitments.



*Ms. Alvina outside the D.A.V. Flea Market.*

"I envy her organizational skills," said Thyla Rogers, president of the Hancock County Humane Society. "She organized all the donations we received at the Flea Market. She's got the place looking good."

Ms. Alvina admits that it took a good effort to sort through all the donations and to organize them in a presentable display. And it took more than a couple of Fridays of her spending up to ten hours each day to get the Flea Market looking like the store it is now.

Mrs. Rogers says that since Ms. Alvina organized the donations on shelves in the Flea Market, the Hancock County Humane Society has increased its donations as well as revenue generated from the sale of the merchandise.

"She's a money-making organizer," explained Mrs. Rogers. "She's no-nonsense. Don't go over there and try to small talk her. She doesn't have time for that. She's all business."

**So where does Ms. Alvina get the energy to do all the things she does?**

The answer to that question appears to be in the approach she took in raising her own children, as well as in the input she has in raising her grandchildren and great grandchildren.

"My children know how to volunteer, because I raised them that way," explained Ms. Alvina. "It's the way they were brought up.

"When my grand kids come by, I make them do something, even if it's just taking out the trash. If they're here and I'm going somewhere, they're going. I don't ask them if they want to go. I tell them they're going. That helps them out. It makes them get up and do something."

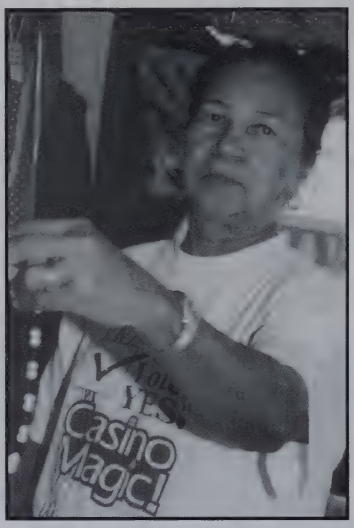
What advice does Alvina have to get children involved and active?

"If they sit around when they're young, they are going to grow up to be like that," she explained. "The only thing I can see is when a child is lying around, get them involved in something positive. Even if you can get them to do one little thing at a time.

"A lot of people want to start when it's too late. When a child gets to be twelve to fifteen years old, and they've

been sitting around, it's harder to get them started. If they're used to doing something when they're younger, it's easier for them to keep doing things when they get into their teens."

Ms. Alvina's twelve grandchildren are very important to her. In fact, whenever you see her around Bay St. Louis, you will probably see a couple of her grandchildren with her. She plays taxi for her grandchildren and great grandchildren, sometimes picking them up after school and taking them to sporting events and other after school functions. She attends all of their basketball and baseball games.




*The Hancock County Humane Society Flea Market operates like a store since Ms. Alvina has organized the merchandise.*

"You can't turn your back on them," she says. "It's important for grandchildren to know their grandparents. Grandparents have a way with grandchildren that their parents don't have."

Ms. Alvina also acts as a taxi for senior citizens. She takes them shopping and to their doctors. She has grown especially close to a ninety-eight year old lady who she says is one very smart lady.

"She's blind, but she has everything up here," explains Alvina as she touches the right side of her forehead. "She's like one of my great grandmothers. I took a liking to her, and she took a liking to me. She cares a lot about me and I care a lot about her. I visit her every day. Any time of the night or day she calls, I go and see about her. She's smart. She can take care of her own-self. I made her familiar with her room so that she can get around the room by herself. She's got it."

### What does Ms. Alvina do for herself?

"I make time for everything I want to do," she explained. What she does for herself is help others. And just about every involvement she has involves helping people at whatever it is they need.

"And I always find time for my fishing," she says after I push her to find something that she does that might be for herself. "I fish at night. If the fish are biting, I'll stay as long as they're biting. That could be all night."

At that point I finally had discovered something that Ms. Alvina does just for Ms. Alvina: She likes to fish. She fishes to relax. She fishes for the fun of it.

Then she tells me that she cooks her catch and takes some to her senior citizen friends, or she takes some to her children or grandchildren.

It's clearly obvious that this is a special lady with a special calling; and Bay St. Louis is lucky to have her as a citizen.

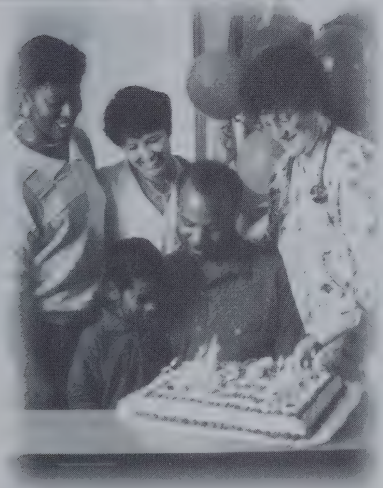
# Early detection

## *and treatment can help save your life.*

**An estimated 165,000 new cases of**

**PROSTATE CANCER**

**have occurred among men in the U.S. this year alone. Today, one out of ten men will develop prostate cancer by age 85.**



***Who is at risk?***

Incidence increases with age. Over 80% of all prostate cancers are diagnosed in men over age 65. Rates are 40% higher for black men than white men.

***What do I look for?***

Prostate cancer warnings include:

- Weak or interrupted urine flow
- Inability to urinate
- Difficulty starting or stopping the urine flow
- The need to urinate frequently, especially at night
- Blood in the urine
- Painful or burning urination
- Continuing pain in lower back, pelvis or upper thighs

***What should I do?***

Early detection is extremely critical. After 40, a man should have a digital rectal examination with his regular annual physical checkup and an annual prostate-specific antigen (PSA) blood test at 50 and older. If you are experiencing any of the symptoms described here, contact your physician immediately.

For more information or a physician referral call:

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# Robin Alfred Midcalf

## *Harrison County's Newest County Court Judge*

*by Maurice E. Singleton, Jr.*

Many of us have this image of a pioneer as one of the original American trailblazers, people in history who blazed trails into unfamiliar territories. Most often the image that comes to mind is that of scruffy, awkward, unshaved men who challenged the odds in their quests for better tomorrows.

*Robin Alfred Midcalf, Harrison County Court Judge, Place Two.*

Robin Alfred Midcalf is quite the opposite of the traditional picture we have of a pioneer. She is attractive and smart; and she is approaching the transition from county supervisor to the position of county court judge with confidence and conviction. She knows and understands what is ahead for her as well as what is expected of her. Midcalf may not resemble the traditional image we may have of a trailblazer; but this lady is truly a pioneer.

On November 17, Midcalf won the runoff election for Harrison County Court Judge, Place Two, with 52 percent of the vote (9,459 votes). When Midcalf takes the oath on January 4, 1999, she will become the first African American to serve as Harrison County Court judge. She is also the first female to be elected to this position.

"This election transcended race and gender," Midcalf explained. "It was about a community of wonderful people believing in a person and that person's ability to do a certain job.

"Naturally I felt elation, exuberance," said Midcalf. "I know it didn't

*Judges Wes Teel and Robin Alfred Midcalf take a moment to discuss their recent campaigns.*

all come from a personal accomplishment. I view it as more of a community accomplishment. To me, the kind of support the community exhibited says a lot about the type of people we have here in South Mississippi and Harrison County."

Midcalf's success in winning this election is a testament to her ability to appeal to the masses. Her support crossed gender and racial lines. Harrison County's population is estimated to be eighty percent white. To win, Midcalf needed support from across Harrison County. She got it!

"I certainly think the numbers for me show that we have not just a wonderful community but a very progressive, open-minded community," said Midcalf.

Certainly, Midcalf earned the respect of the voters over the six years she served as county supervisor. And their respect for her may also have to do with the person she was before she even began serving in elected office.

Midcalf's story prior to 1990 is quite remarkable. It's the story of a young girl overcoming tremendous obstacles. At age sixteen, she was pregnant and married, and a "battered wife." Two years later she was divorced and a single parent attending junior college.

The resilience and fortitude of this young girl and single parent from North Gulfport carried her through college and law school: She overcomes! She is a success story. She is a hero. She is a role model.

"I want to be a positive role model," Midcalf explained. "But I want to be humanized as well. I want people to see the frailties of being a human being. We all make mistakes. I want young people especially to understand

that we all make mistakes, but it's how we handle the mistakes: what we do after the mistakes."

One can easily imagine a father or mother admiring the will and fortitude of Midcalf and desiring for their daughter the qualities that constitute Midcalf. Certainly, this entered the voting equation, particularly in North Gulfport where her constituents know her well.

A high voter turnout was reported for North Gulfport on election day, and Midcalf did well as expected in the majority black precincts. But Midcalf did well in majority white precincts as well which made the difference in the outcome. Simply put, she appealed to everybody.

"I was feeding off the positive energy from the positive people I came in contact with," said Midcalf of her ability to sustain her campaign after the general election. "I couldn't' have done this by myself.

"It was a tough election. I really couldn't' have done it without the support of the many volunteers who helped me."

The biggest task of Midcalf and her team was to blaze trails outside of the district for which she served as supervisor. This campaign was county wide.

*Robin Alfred Midcalf and daughter Ebony anticipate election results.*

"Every candidate needs a team of volunteers" she explained. "I happened to have had a great one."

What does Midcalf bring to the position of Harrison County Court Judge?

"I am going to be a great judge," she said shortly after receiving word of her victory. Another thing: "Energy! Lots of it.

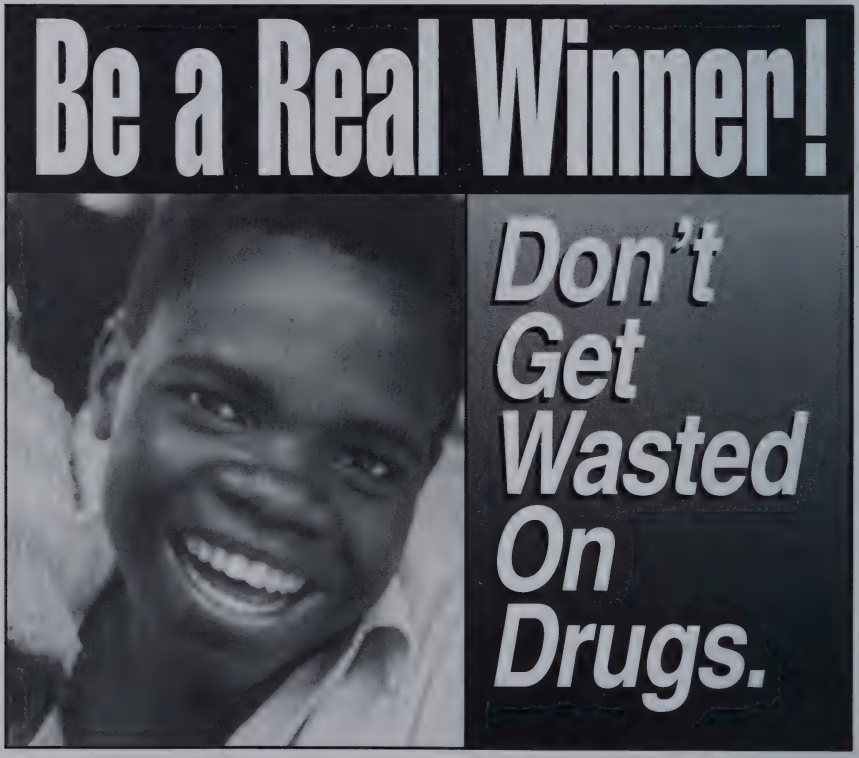
"I want to take the mystery of out of the courtroom. I want to make it user friendly. I want to make people feel more comfortable when they have an experience with the court."

Midcalf went on to say that she wants to continue to walk with and among all people, so that she can bring that perspective to the bench. She added that what is required of judges is easy: "Judges and lawyers have to have so many hours of continuing legal education each year. That's an easy requirement to fulfill. The challenge comes in doing more. Whether it's a little bit more a lot more, I am always willing to do whatever is needed."

Observing someone who is attaining something they have gone after for some time is quite refreshing. And that feeling is magnified when it is someone who sincerely cares about young people and the community.

"I happen to like being a role model because I think as an adult citizen, I have an obligation to set a good example to young people," said Midcalf. "So, whether it is as judge, county supervisor or mother, I want to always set a good example."

Robin Alfred Midcalf attained one of her ultimate career goals and is going to do a great job as Harrison County Court Judge because she prepared herself by going to law school and by gaining experience relative to the position. The community is the real winner because young people have an outstanding example of hard work and reward right in front of them.

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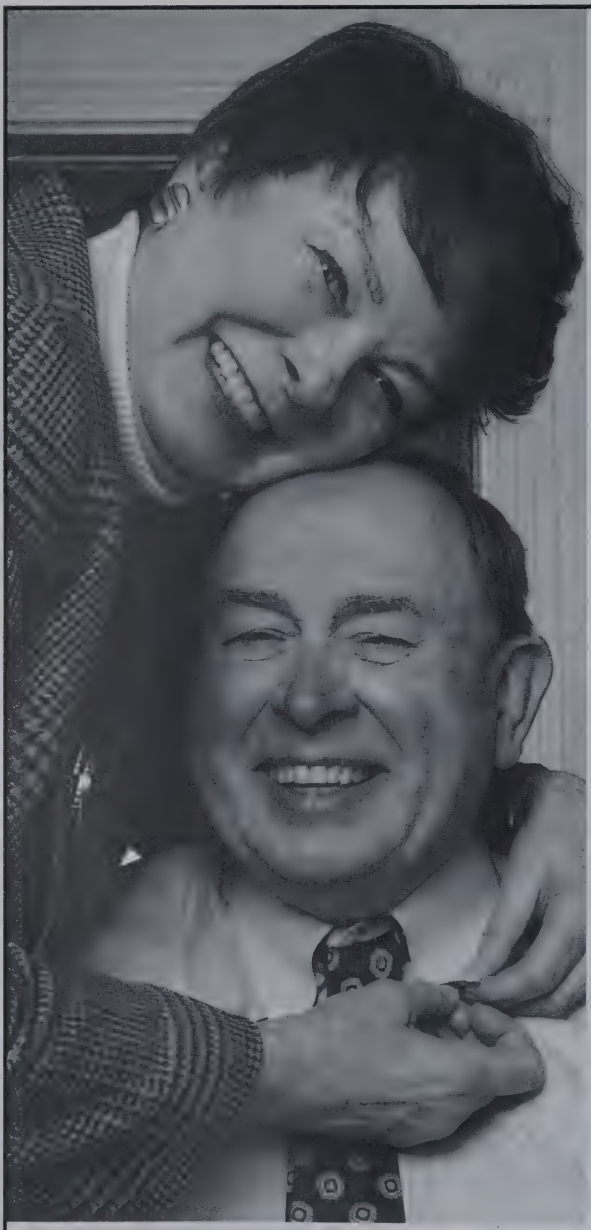

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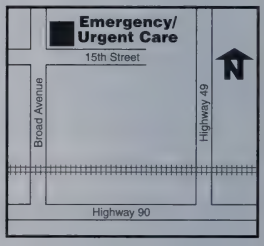


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# Dotys Endow $10,000 JSU Communicative Disorders Graduate Scholarship

*by Pamela McCoy*

*Dr. Juanita Sims Doty (left) presents $10,000 check to Jackson State University President Dr. James E. Lyons Sr. to establish the Juanita Sims Doty Endowed Scholarship Fund for Graduate Students in Communicative Disorders at JSU. In addition, Sims-Doty and her husband, Charles Doty, owners of Lextron Corporation in Jackson, provided a $1000 scholarship for the fall semester.*

Dr. Juanita Sims Doty and Charles Doty have fulfilled a long-held commitment to assist students who desire to further their education at Jackson State University. The couple, owners of Lextron Corporation in Jackson, endowed a $10,000 scholarship at Jackson State University for students pursuing a master's degree in communicative disorders. In addition, they provided $1000 for scholarships this fall semester and have committed to increasing the scholarship to $20,000 within the next five years.

Doty, formerly an associate professor and director of the Speech and Hearing Center at Jackson State, said because of her work within the speech-language pathology profession, she was keenly aware of the need

for students to obtain advanced training. JSU is the only historically black college or university in Mississippi and one of few in the nation offering a graduate program in communicative disorders.

"There are a limited number of enrollment slots for speech-language pathology majors in general, and particularly African Americans. Many students cannot get into graduate programs because of limited funding. My strongest feeling is that there should be a scholarship program at JSU because during my tenure, graduates inquired about what we could offer them. This scholarship will encourage them to enter graduate school and help them financially with funding needs," Doty said.

"We wanted to basically provide for the continuing education of African American students to first obtain an education, and even more importantly in the area of speech-language pathology that I had come to know so much about. I knew that we needed to do something beneficial long-term." said Charles Doty, who is quick to point out that the scholarship is his wife's charitable project and is named in her honor. Doty is Lextron Corporation's president and chief executive officer.

Jackson State University President Dr. James E. Lyons Sr. said the scholarship will assist in recruiting students to the communicative disorders program and was pleased that the Dotys decided to contribute. "This is a very important step in meeting the increasing challenge of providing financial assistance to graduate students. I am elated at the foresight and generous support of Dr. Juanita Sims Doty and Mr. Charles Doty in fulfilling a very real need to recruit students to our master's in communicative disorders program," Lyons said. "I sincerely hope that this gift will encourage others in the business community and other alumni to invest in the education of our young people." Scholarship recipients must have obtained an undergraduate degree in communicative disorders at JSU, have a cumulative grade point average of at least 3.0, be admitted full-time to the master's program in communicative disorders, be actively involved in professional organizations, extracurricular and community activities with a demonstrated financial need.

> **"I sincerely hope that this gift will encourage others in the business community and other alumni to invest in the education of our young people."**
>
> ***— Dr. James E. Lyons, Sr.***

JSU department of communicative disorders chairman Dr. Zenobia Bagli said students will be trained to work with individuals of all ages, from the newborn to the elderly, who

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have speech, language, swallowing and/or hearing impairments.

"The department is very excited about the Juanita Sims Doty Endowed Scholarship Fund for Graduate Students in Communicative Disorders. This scholarship will provide substantial encouragement to a deserving student to achieve her or his professional goals, while providing monetary support toward tuition and/or books. Besides nurturing the dream of becoming a successful speech-language pathologist, the scholarship will provide impetus to succeed and the confidence to excel by acknowledging the student's past performance," Bagli said.

Doty, who earned a bachelor's and master's degree in speech-language pathology from the University of Southern Mississippi, and a doctoral degree in early childhood education from JSU, began her career at Jackson State in 1987 as an assistant professor. During her ten-year tenure, she led a major recruitment program for the Communicative Disorders area and helped to increase the number of undergraduate students majoring in the profession. She was instrumental in bringing national attention to the undergraduate program by twice hosting national conferences in Jackson and exposing students to national consultants and networking opportunities.

Since 1978, she has been the president of Doty and Associates, a private practice in which she contracted and consulted with Head Start programs across Mississippi and the southeastern United States.

Doty has been active in professional speech organizations having served on the American Speech-Language-Hearing Association (ASHA) Scientific and Professional Programs Board as well as various task forces and special appointment committees. Doty is the immediate past chairman of the board of directors of the National Black Association for Speech-Language and Hearing and the Chairman of the Multicultural Issues Board for ASHA.

Sims-Doty is the recipient of numerous honors and awards including being selected as an ASHA Fellow, an honor presented by the association to a select few of its 96,000 members annually. She received a Distinguished Service Award from the Mississippi Head Start Association, a Mississippi Speech-Language-Hearing Association (MSHA) honor and three Special Recognition Awards from the Executive Board of ASHA. Doty was the Mississippi Legislature Higher Education Appreciation Day/Working for Academic Excellence Award recipient for JSU. She was presented the Distinguished Leadership Award by the JSU department of speech and dramatic art and received the School of Liberal Arts Spotlight on Scholars honor for several consecutive years.

In addition to being actively involved in civic and community projects, Doty is executive assistant to the president of Lextron Corporation.

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# The Interfaith Pilgrimage of the Middle Passage Travels Through Mississippi

*by Maurice E. Singleton, Jr.*

Approximately sixty-five participants of the Interfaith Pilgrimage of the Middle Passage walked approximately two hundred miles through Mississippi in October and November. Participants representing seven countries entered Mississippi near Meridian and spent a week and a half tracing the journey of slavery through our state.

The pilgrimage is a year long journey which began in Boston on May 30, 1998 and will conclude in South Africa on May 31, 1999. Members spent their last night in Mississippi at Gulfside Methodist Assembly before departing on November 3, for three weeks of walking and culture training and workshops in Louisiana.

Melinda Holmes, a New York City organizer, joined the pilgrimage on June 25, in New York. She recalled some of the more memorable stops in the early days of the pilgrimage.

> **"...if we could honor that and respect that, we could turn that whole story around and make it a source of strength for our whole society. I really believe that,"**
>
> *— Melinda Holmes*

In New York City, the group stopped at the African Burial Ground which was discovered in the past few years during the excavation of the property prior to the construction of a federal building. A section of the burial ground has been preserved to officially recognize the spot as The African

*Pilgrimage participants walk along South Beach Boulevard in Bay St. Louis on their way to Gulfside Methodist Assembly in Waveland.*

Burial Ground.

The pilgrimage arrived in Philadelphia, Pennsylvania on July 4. The Philadelphia organizer put the walkers through an exercise where everyone laid flat on their backs close to eachother. Then she read to them, trying to give them a simulated experience of being on a slave ship in the middle passage.

"Let me tell you," said Holmes. "You just feel that steel at the core of your being. I never knew before how strong I was; and I believe I would have survived that trip. But it makes you appreciate and honor the human strength that it took to just survive that passage.

"Afterwards on reflecting, I thought that most of our African American citizens are descendants of people who made that passage. And if we could honor that and respect that, we could turn that whole story around and make it a source of strength for our whole society. I really believe that," said Holmes.

After Louisiana, the group was scheduled to travel to Cuba, Jamaica and other Caribbean points, and then on to Brazil and West Africa before completing the pilgrimage in Capetown, South Africa.

# Prescriptions for Healing

**by Janet Lynn, R.N.**
*President, Mississippi Gulf Coast Black Nurses*

Many diseases profoundly affect us in the African-American community. The daily stressors inherent in our lives impact us in ways we often do not realize until manifested in one of the common medical challenges. It is imperative that we work toward self-love and develop a program that includes working toward doing the "right things" for ourselves. Most of us are familiar with the diseases and what generally causes them.

Hypertension is one of the most prevalent chronic diseases for which treatment is available; however, most African-American patients with the challenge are untreated. Diabetes Mellitus is a group of symptoms characterized by hyperglycemia (elevated blood sugar) - with either a relative or absolute deficiency of the hormone insulin or ineffective insulin secretion.

The greatest deterrent to managing our health and maintaing proper care is FEAR. Many of us do not realize how much we AVOID and IGNORE ourselves. We may note that something "feels different" and do not go to the doctor to explore the matter. There are many reasons that we are reluctant to find out what is going on inside of us. We must see FEAR for what it is and how it affects our health. It can and will actually cause a minor health problem to become fatal because it PREVENTS us from taking steps in our own best interest. I have had many patients who are so fearful that they do not take their prescribed medications or do the things that could and would help them to better health.

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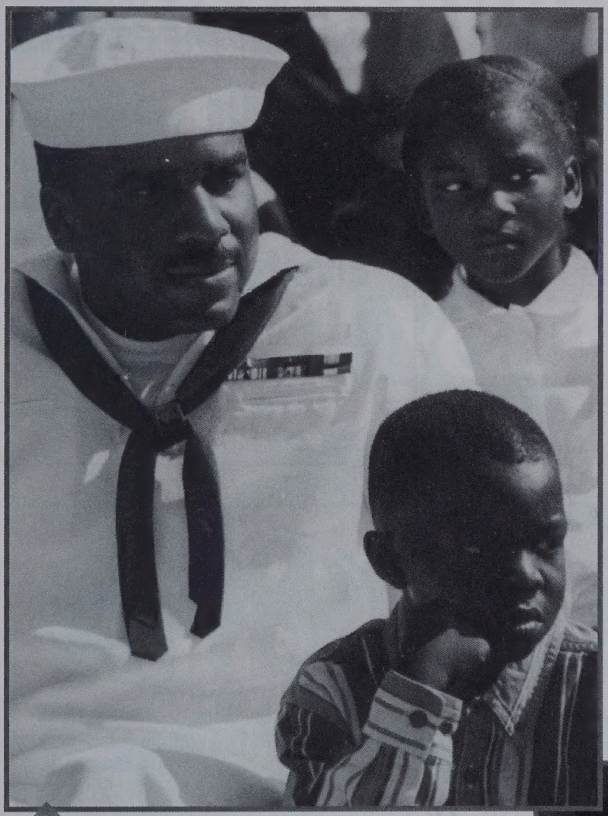

Kenneth E. Nurse, of the U.S.S. Thomas S. Gates, sits with Demarkus Collins (right) during a ceremony celebrating the adoption of Kreole Elementary School by the ship's crew. Nurse is just one of the many sailors who have promised to spend time every week mentoring students and strengthening ties between Moss Point students and the naval forces on the coast.

Bishop Leontine Kelly recognized at Gulfside Methodist Assembly program, One Thousand Women in White on October 31, 1998.

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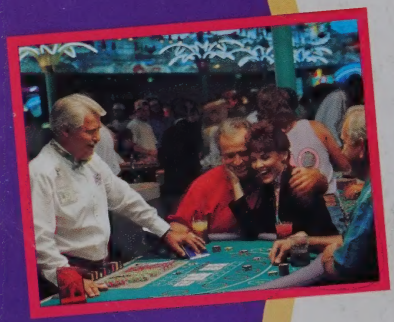

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